

TEACHING THE SNATCH & CLEAN

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BASIC TERMS

SNATCH

Power Snatch

Hang Power Snatch

Hang Snatch

CLEAN

Power Clean

Hang Power Clean

Hang Clean

CONSIDERATIONS PRIOR TO TEACHING THE CLEAN AND JERK

SCREENING

IS THE ATHLETE PREPARED TO PERFORM THE LIFTS?

NOT EVERY ATHLETE IS PREPARED TO PERFORM
FULL CLEANS & SNATCHES

- STRUCTURAL ISSUES
- FLEXIBILITY ISSUES
- COORDINATION ISSUES
- BALANCE ISSUES

BASIC SCREENING

Can Be Conducted By Team ATC,
Physician or Coach

- 4 Recommended Areas of Concern

Hamstring Flexibility

Wrist and Forearm Flexibility

Hip Mobility

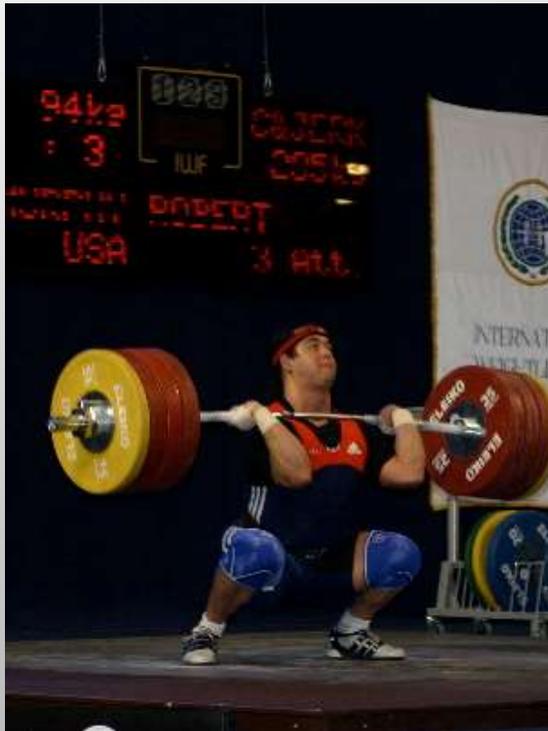
Shoulder ROM and Stability

BASIC SCREENING

- ▣ Athlete Should Be Able to Do the Following:
 - SET BACK
 - ▣ Neutral or Lordosis – NEVER Kyphosis
 - HIP HINGE
 - ▣ Initiate All Movement at the Hips, NOT the Knees
 - SQUAT
 - ▣ High Bar Squats vs Low Bar Squats
 - VERTICAL JUMP
 - ▣ Triple Joint Extension
 - Hips, Knees, Ankles
 - Quads, Hamstrings, Glutes, Calves
 - LANDING
 - ▣ Hip, Knee, Ankle Flexion
 - ▣ Deceleration/Eccentric Force

SCREENING RESULTS

- ▣ The results will help you determine the following:
 - Power Clean vs Full Clean
 - Power Snatch vs Full Snatch
 - From the Hang Or From the Floor



TEACHING PHILOSOPHY

- ▣ **MOTOR SKILL PATTERN**

- ▣ **MOVEMENT PATTERN THAT CAN BE TRAINED VIA PROPER PRACTICE AND REPETITION**

- ▣ **TOP-DOWN TEACHING METHOD**
 - **USA WEIGHTLIFTING**
 - ▣ Lyn Jones, Dragomir Cioroslan, Mike Conroy, Mike Gattone
 - ▣ Benefits
 - Simple to Teach
 - Simple to Complex
 - Allows athlete to work on segments that they have mastered, while 'fixing' any restrictions (Flexibility, Mobility, Core Strength, etc.) that prevent them from progressing to next stage

CLEAN PROGRESSIONS

STEP ONE

POWER POSITION

FEET HIP WIDTH APART

WRISTS COCKED IN

ELBOWS ROTATED OUT

SQUEEZE SCAPS TOGETHER

SOFT KNEES

HIPS PUSHED BACK (HIP HINGE)

(Shoulders are now in front of Barbell)

(Balance on Mid-Foot, NOT the Heel)



CLEAN PROGRESSIONS STEP ONE

JUMP-SHRUG FROM POWER POSITION

- SET BACK
- HIP HINGE TO MID-THIGH
- PAUSE. (YES. PAUSE)
- JUMP - SHRUG !



CLEAN PROGRESSIONS

STEP TWO

- **JUMP-SHRUG-ELBOW DRIVE!**
- HIP HINGE TO POWER POSITION - PAUSE.
- JUMP AND SHRUG!
- ELBOW ACTION
 - 'GIVE IT A RIDE'
 - 'GUIDE THE RIDE'
 - OBJECTIVE:
 - GUIDE THE BAR AFTER FORCE IS DEVELOPED FROM HIPS & LEGS
 - NOT A TRUE HIGH PULL, BUT A FINISHING MOVEMENT



CLEAN PROGRESSIONS STEP TWO

JUMP-SHRUG-ELBOW DRIVE

REMIND ATHLETES TO FULLY EXTEND THE HIPS!!!

TRIPLE EXTENSION VS CATAPULT

WE TRAIN ATHLETES, ATHLETES TRIPLE EXTEND

THIS DOES NOT MEAN TO STAND UP ON TOES...

IT MEANS TO JUMP!!

*YOUR ATHLETE MAY NOT ACTUALLY LEAVE THE
GROUND AS THE WEIGHT GETS HEAVY,
BUT HE OR SHE SHOULD ATTEMPT TO DO SO!*

CLEAN PROGRESSIONS

STEP THREE – HANG POWER CLEAN FROM MID-THIGH

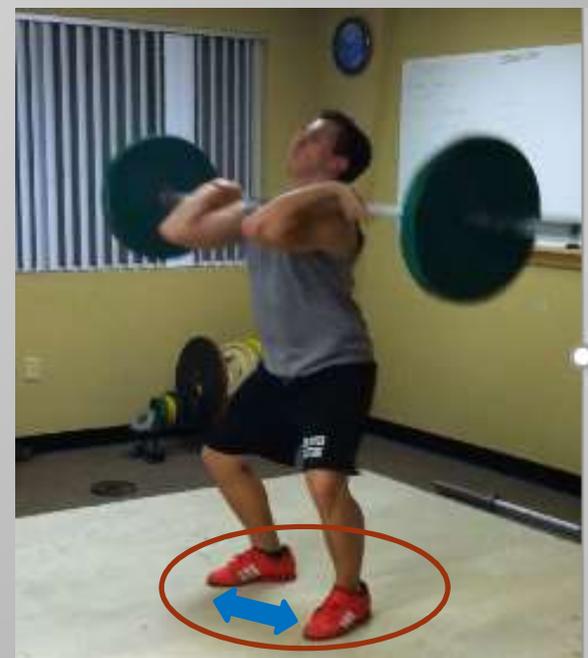
JUMP-SHRUG-ELBOW DRIVE

POP FEET SIDE TO SIDE & PUNCH ELBOWS THROUGH!

ELBOW ACTION OCCURS AT SAME MOMENT THAT FEET MOVE SIDE TO SIDE

HIPS SHIFT BACK DURING THE CATCH/LANDING

AS THE BAR IS RECEIVED, THE ATHLETE'S FEET CONTACT THE FLOOR



CLEAN PROGRESSIONS STEP THREE

NOTE!!!

'RACKING' OF THE BARBELL

- *NOT A REVERSE CURL*
- *ELBOWS UP AND THROUGH*
- *ELBOWS ROTATE UNDER
THE BARBELL*



CLEAN PROGRESSIONS

STEP FOUR

HANG POWER CLEAN FROM MID-KNEE

THE ATHLETE SHOULD ALWAYS STRIVE TO GET BACK TO THE 'POWER POSITION' PRIOR TO INITIATING THE JUMP!

TRANSITION OF THE BARBELL PAST THE KNEE
ONE OF THE MOST IMPORTANT PHASES TO MASTER

IF NOT TAUGHT PROPERLY, ATHLETES WILL EXECUTE THE PULL TOO EARLY, LEAVING THE BARBELL OUT FRONT

BE PATIENT!!

'Stay Over The Bar'

'Wait For It'

'Screen Play' Analogy

CLEAN PROGRESSIONS

STEP FOUR

HANG POWER CLEAN FROM MID-KNEE

HIP HINGE TO POSITION ABOVE KNEE,

BEND KNEES SO BAR IS AT MID-KNEE

SHINS SHOULD BE VERTICAL
PERPENDICULAR TO FLOOR

SHOULDERS IN ADVANCE OF BARBELL

HIPS HIGHER THAN KNEES
SHOULDERS HIGHER THAN HIPS

BALANCE ON MID-FOOT, SLIGHTLY
FORWARD TOWARDS BALL OF FOOT



CLEAN PROGRESSIONS STEP FOUR

HANG POWER CLEAN FROM MID-KNEE

**KNEES SHIFT BACK AS BARBELL PASSES BY
AT SAME TIME, ATHLETE LIFTS CHEST & SHOULDERS PULL BACK
(This initiates the 'double-knee-bend' aka 'scoop')**



CLEAN PROGRESSIONS STEP FOUR

HANG POWER CLEAN FROM MID-KNEE

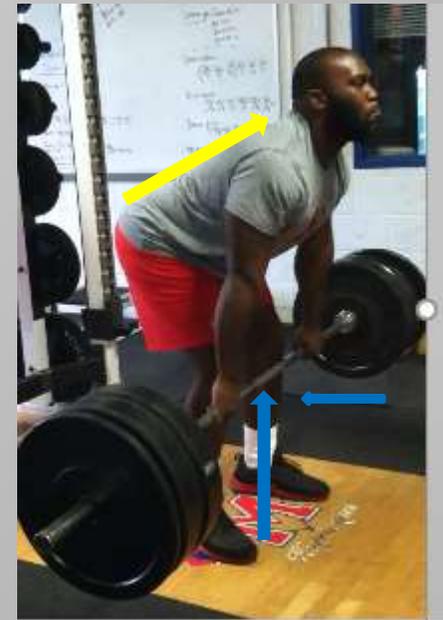


CLEAN PROGRESSIONS

STEP FIVE

LIFT-OFFS (PULL TO THE KNEE)

- TEACHING THE ATHLETE HOW TO PROPERLY EXECUTE THE FIRST PULL
- GREAT STRENGTHENING MOVEMENT
- SPEED OF MOVEMENT CONCERNS
 - FIRST PULL COMPARED TO SECOND PULL
- ESSENTIAL TO REMIND ATHLETE TO USE THE LEGS
- *'PUSHING INTO THE FLOOR' WITH THE LEGS ...NOT A TRUE PULL WITH THE BACK*



CLEAN PROGRESSIONS

STEP FIVE

LIFT-OFF (PULL TO THE KNEE)

- *WEIGHT/BALANCE SHOULD BE MID FOOT FORWARD TOWARDS TOES*
- *BARBELL SHOULD MOVE BACK TOWARD THE LIFTER AS THE ATHLETE INITIATES THE PULL*
- *KNEES SHIFT BACK DURING FIRST PULL*
- *CONTROLLED SPEED*
- *SHOULDER AND HIP RELATIONSHIP DOES NOT CHANGE DURING THE 'LIFT-OFF' - TRUNK POSITION DOES NOT CHANGE*



CLEAN PROGRESSIONS STEP FIVE

LIFT OFFS - PULL TO THE KNEES

Cues

'Get Set- Tight off the Floor!'

'Push into the Ground!'

"Stay Over the Bar!"

"Knees Back!"



CLEAN PROGRESSIONS

STAGE SIX

POWER CLEAN FROM FLOOR

- *PUTTING IT ALL TOGETHER*

- *COMBINING THE FIRST PULL (LIFT-OFF) WITH THE HANG POWER CLEAN FROM MID KNEE*

- *SPEED OF MOVEMENT*
 - *SECOND PULL (THE 'JUMP-SHRUG') MUST BE **FASTER** THAN THE FIRST PULL ('LIFT-OFF')*
 - *SLOW TO FAST*
 - *BE PATIENT!! THEN EXPLODE!*

CLEAN PROGRESSIONS

STEP SIX – POWER CLEAN FROM FLOOR

START

Get Set

Tight off the Floor!

'Push into the Ground!'



FIRST PULL

'Push!'

'Stay over the Bar –

Wait for it!'



SECOND PULL

Past the

Knees–

Explode!'

'Finish!'

'Hips!'



CATCH

'Elbows Up and Through!'

'Pop the Feet Out!'

'Side to Side!'



CLEAN PROGRESSIONS

STEP SEVEN

POWER CLEAN + FRONT SQUAT

COMBINATION MOVEMENT

INTERMEDIATE STEP BETWEEN POWER CLEAN & FULL CLEAN

CAN BE USED TO 'CURE' THE "JUMPING JACK" LANDING

'Wherever the feet land is where the athlete must use for his stance during the Front Squat'

CLEAN PROGRESSIONS STEP SEVEN

POWER CLEAN + FRONT SQUAT



CLEAN PROGRESSIONS STEP EIGHT

FULL CLEAN/SQUAT CLEAN



CONTINUE TO PRACTICE THE POWER CLEAN PLUS FRONT SQUAT
AS YOU START TO CATCH THE BARBELL LOWER AND LOWER

PRACTICE LEADS TO ENHANCED COORDINATION AND TIMING

CLEAN PROGRESSIONS

STEP EIGHT

FULL CLEAN



TEACHING THE SNATCH

APART FROM THE OBVIOUS WIDE GRIP AND RECEIVING POSITION OVERHEAD, THE MECHANICS AND MOVEMENT PATTERNS ARE THE SAME.

THE SAME BIOMECHANICAL ISSUES AND LAWS OF PHYSICS APPLY TO BOTH SKILLS.

SNATCH PROGRESSIONS

STEP ONE

POWER POSITION

FEET HIP WIDTH APART

BALANCE ON MID-FOOT

WIDER GRIP WIDTH

WRISTS COCKED IN

ELBOWS ROTATED OUT

SQUEEZE SCAPS TOGETHER

SOFT KNEES

HIPS PUSHED BACK

(HIP HINGE)

(Shoulders in front of Barbell)



SNATCH PROGRESSIONS STEP ONE

JUMP-SHRUG FROM POWER POSITION

HIP HINGE
TO MID-THIGH

PAUSE.
(YES. PAUSE)

JUMP -SHRUG !



SNATCH PROGRESSIONS STEP TWO

- *JUMP-SHRUG-ELBOW DRIVE!*

- HIP HINGE TO POWER POSITION THEN PAUSE!
- JUMP AND SHRUG
- ELBOW ACTION
'GUIDE THE RIDE'
HIPS & LEG

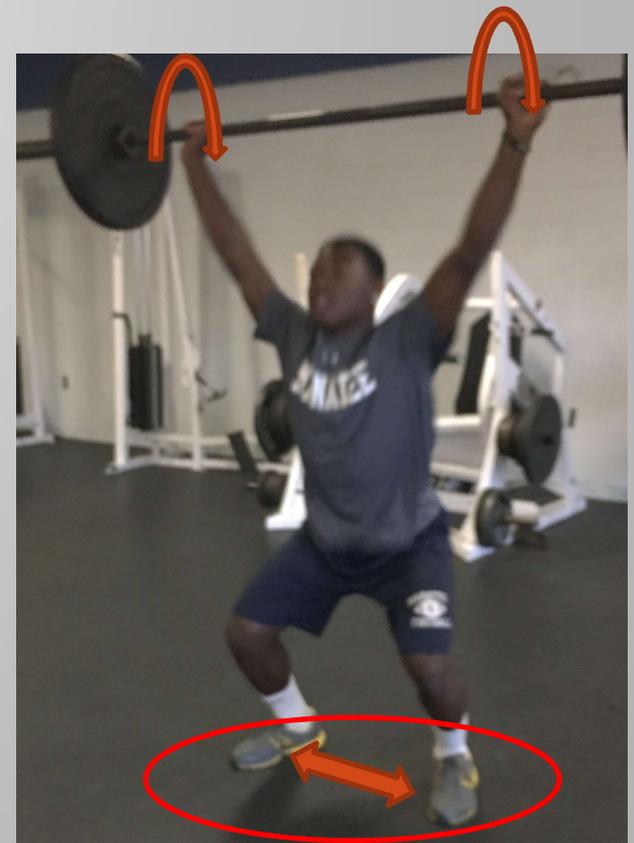


SNATCH PROGRESSIONS

STEP THREE - HANG POWER SNATCH FROM MID-THIGH

JUMP-SHRUG-ELBOW DRIVE
POP FEET SIDE TO SIDE & TURN THE BAR OVER!

AFTER WRISTS TURN OVER, SHRUG UP ON THE BARBELL TO FIX IT OVERHEAD



SNATCH PROGRESSIONS STEP FOUR

HANG POWER SNATCH FROM MID-KNEE



SNATCH PROGRESSIONS

STEP FIVE

LIFT-OFFS (PULL TO THE KNEE)

- *REMINDE ATHLETE TO USE THE LEGS*
- *'PUSHING INTO THE FLOOR' WITH THE LEGS ...NOT A TRUE PULL WITH THE BACK*

BARBELL SHOULD INITIALLY MOVE BACK TOWARDS LIFTER AS IT LEAVES THE PLATFORM

- *KNEES MOVE BACK OUT OF WAY*



SNATCH PROGRESSIONS

STEP SIX - POWER SNATCH FROM FLOOR

START

Get Set

Tight off the Floor!

'Push into the Ground!'



SECOND PULL

Past the

Knees-

Explode!'

'Finish!'

'Elbow Drive!'



CATCH

'Turn It Over!'

'Pop the Feet

Side to Side!'

'Shrug Up on

the Bar!'



SNATCH PROGRESSIONS

STEP SEVEN – POWER SNATCH + OVERHEAD SQUAT



SNATCH PROGRESSIONS STEP EIGHT

FULL SNATCH



*CONTINUE TO PRACTICE THE POWER SNATCH PLUS
OVERHEAD SQUAT, CATCHING THE BARBELL LOWER AND LOWER*

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